



Welcome to Medicare!

Because you're getting Social Security benefits, **you're automatically enrolled in Medicare Part A.** **You can use your Medicare coverage when you return to the United States.**

- Medicare Part A (Hospital Insurance)—helps cover hospital care, skilled nursing care, and more. You don't have to pay a premium for Part A.
- Medicare Part B (Medical Insurance)—helps cover doctors' services, outpatient care, and more. **If you want Part B, you have to sign up for it and pay a monthly premium.** (See page 6 in the enclosed booklet for premium costs.)

Make this important decision now:

Should I sign up for Part B?

- **If you plan to return to the United States and want Part B, you have 8 months from the date on this letter to sign up.**

The premium will be deducted automatically from your monthly Social Security benefit payments.

If your benefits aren't enough to cover the whole Part B premium or you stop getting benefits, you'll get a bill for your Part B premium every 3 months.

- Part B is optional. However, if you want to sign up later, you may have to wait for your coverage to start and pay a monthly penalty for as long as you have Part B.

Note: Medicare generally doesn't cover care outside the United States and its Territories (Puerto Rico, the Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa).

! Read pages 3-7 in the booklet to find out if you should sign up for Part B.

How do I sign up for Part B?

You can sign up by:

- Signing and mailing the enclosed form in the envelope provided.

- Downloading Form CMS-40B (Application for Enrollment in Medicare Part B) at [Medicare.gov/forms-help-and-resources/forms/medicare-forms.html](https://www.medicare.gov/forms-help-and-resources/forms/medicare-forms.html). Complete the application and sign it. Return the completed application using the envelope provided or mail it to:

Social Security Administration
P.O. Box 17769
Baltimore, MD 21235-7769
United States of America

Visit [Medicare.gov](https://www.Medicare.gov) for details about Medicare coverage.

Enclosures

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Help in other languages

If you, or someone you're helping, has questions about Medicare, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-800-MEDICARE (1-800-633-4227).

العربية (Arabic) إن كان لديك أو لدى شخص تُساعده أسئلة بخصوص Medicare فإن من حقك الحصول على المساعدة و المعلومات بلغتك من دون أي تكلفة. للتحدث مع مترجم إتصل بالرقم 1-800-MEDICARE (1-800-633-4227).

հայերեն (Armenian) Եթե Դուք կամ Ձեր կողմից օգնություն ստացող անձը հարցեր ունի Medicare-ի մասին, ապա Դուք իրավունք ունեք անվճար օգնություն և տեղեկություններ ստանալու Ձեր նախընտրած լեզվով: Թարգմանչի հետ խոսելու համար զանգահարեք 1-800-MEDICARE (1-800-633-4227) հեռախոսահամարով:

中文 (Chinese-Traditional) 如果您，或是您正在協助的個人，有關於聯邦醫療保險的問題，您有權免費以您的母語，獲得幫助和訊息。與翻譯員交談，請致電 1-800-MEDICARE (1-800-633-4227)。

فارسی (Farsi) اگر شما، یا شخصی که به او کمک می‌رسانید سوالی در مورد اعلامیه مختصر مدیکردارید، حق این را دارید که کمک و اطلاعات به زبان خود به طور رایگان دریافت نمایید. برای مکالمه با مترجم با این شماره زیر تماس بگیرید 1-800-MEDICARE (1-800-633-4227).

Français (French) Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions au sujet de l'assurance-maladie Medicare, vous avez le droit d'obtenir de l'aide et de l'information dans votre langue à aucun coût. Pour parler à un interprète, composez le 1-800-MEDICARE (1-800-633-4227)

Deutsch (German) Falls Sie oder jemand, dem Sie helfen, Fragen zu Medicare haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-800-MEDICARE (1-800-633-4227) an.

Kreyòl (Haitian Creole) Si oumenm oswa yon moun w ap ede, gen kesyon konsènan Medicare, se dwa w pou jwenn èd ak enfòmasyon nan lang ou pale a, san pou pa peye pou sa. Pou w pale avèk yon entèprèt, rele nan 1-800-MEDICARE (1-800-633-4227).

Italiano (Italian) Se voi, o una persona che state aiutando, vogliate chiarimenti a riguardo del Medicare, avete il diritto di ottenere assistenza e informazioni nella vostra lingua a titolo gratuito. Per parlare con un interprete, chiamate il numero 1-800-MEDICARE (1-800-633-4227).

日本語 (Japanese) Medicare (メディケア) に関するご質問がある場合は、ご希望の言語で情報を取得し、サポートを受ける権利があります (無料)。通訳をご希望の方は、1-800-MEDICARE (1-800-633-4227) までお電話ください。

한국어(Korean) 만약 귀하나 귀하가 돕는 어느 분이 메디케어에 관해서 질문을 가지고 있다면 비용 부담이 없이 필요한 도움과 정보를 귀하의 언어로 얻을 수 있는 권리가 귀하에게 있습니다. 통역사와 말씀을 나누시려면 1-800-MEDICARE(1-800-633-4227)로 전화하십시오.

Polski (Polish) Jeżeli Państwo lub ktoś komu Państwo pomagają macie pytania dotyczące Medicare, mają Państwo prawo do uzyskania bezpłatnej pomocy i informacji w swoim języku. Aby rozmawiać z tłumaczem, prosimy dzwonić pod numer telefonu 1-800-MEDICARE (1-800-633-4227).

Português (Portuguese) Se você (ou alguém que você esteja ajudando) tiver dúvidas sobre a Medicare, você tem o direito de obter ajuda e informações em seu idioma, gratuitamente. Para falar com um intérprete, ligue para 1-800-MEDICARE (1-800-633-4227).

Русский (Russian) Если у вас или лица, которому вы помогаете, возникли вопросы по поводу программы Медикэр (Medicare), вы имеете право на бесплатную помощь и информацию на вашем языке. Чтобы воспользоваться услугами переводчика, позвоните по телефону 1-800-MEDICARE (1-800-633-4227).

Spanish (Español) Si usted, o alguien que está ayudando, tiene preguntas sobre Medicare, usted tiene el derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-MEDICARE (1-800-633-4227).

Tagalog (Tagalog) Kung ikaw, o ang isang tinutulungan mo, ay may mga katanungan tungkol sa Medicare, ikaw ay may karapatan na makakuha ng tulong at impormasyon sa iyong lengguwahe ng walang gastos. Upang makipag-usap sa isang tagasalin ng wika, tumawag sa 1-800-MEDICARE (1-800-633-4227).

Tiếng Việt (Vietnamese) Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Medicare, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện qua thông dịch viên, gọi số 1-800-MEDICARE (1-800-633-4227).

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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Welcome to Medicare

Information for people
living outside the
United States



This booklet explains the parts of Medicare and your coverage options if you return to the United States.

Medicare generally doesn't cover care outside the United States and its Territories (Puerto Rico, the Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa).

Under certain limited circumstances, medical services provided in Canada or Mexico may be covered by Medicare, but only if you're living in the United States.

Note: If you're not lawfully present in the U.S., Medicare won't pay for your Part A and Part B claims, and you can't enroll in a Medicare Advantage Plan or a Medicare Prescription Drug Plan.

Medicare Overview

Medicare is health insurance for people 65 or older, certain people under 65 with disabilities, and people of any age with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant).

Medicare Part A (Hospital Insurance) helps cover inpatient care in hospitals, skilled nursing facility care, hospice care, and home health care.

Medicare Part B (Medical Insurance) helps cover services from doctors and other health care providers, outpatient care, durable medical equipment (like

wheelchairs, walkers, hospital beds, and other equipment), and many preventive services (like screenings, shots or vaccines, and yearly "Wellness" visits).

Visit [Medicare.gov/coverage](https://www.medicare.gov/coverage), or use our "What's covered" mobile app to find out if a test, item, or service is covered. It's available for free on both the App Store and Google Play. You can also call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.



Decision 1: Should I sign up for Part B?

Read this section carefully if you plan to return to the United States.

If you don't sign up for Part B and you don't have other coverage based on active or current employment, there are some risks:

- You most likely will have to pay all of the costs for doctors' services, outpatient care, medical supplies, and preventive services when you return to the U.S.
- If you want to get Part B later, you'll have to wait until the next General Enrollment Period (January 1–March 31 each year) to sign up, and your coverage won't start until July 1 of that year. This may cause a gap in your health coverage.
- In most cases, if you decide you want Part B later, you'll also have to pay a **late enrollment penalty** for as long as you have Part B coverage. The penalty

amount is added to your monthly Part B premium, and it goes up the longer you go without Part B coverage. (See page 6 for the cost of the penalty.)

Deciding to sign up for Part B depends on your situation. The next few pages cover common situations and explain the risks for not signing up for Part B.

Common Situations

I'm still working and have coverage through my employer. Or, my spouse (or my family member, if I'm disabled) is still working and I'm covered through his or her employer:

Check with your benefits administrator to help you decide when to sign up for Part B.

You can sign up for Part B later during a Special Enrollment Period without a late enrollment penalty if:

- You're 65 or older, you or your spouse is currently working, and you're covered by an employer or union group health plan based on that current employment.
- You're under 65 and disabled, you or a family member is currently working, and you're covered by an employer or union group health plan based on that current employment. (If the group health plan coverage is based on the current employment of a family member, the employer must have 100 or more employees.)

If you're eligible for a Special Enrollment Period, you can sign up for Part B:

- Anytime while you're covered by the employer or union group health plan based on current employment.
- For up to 8 months after the group health plan coverage or the employment ends, whichever happens first.

I'm retired and have coverage through a former employer, or I have COBRA or VA coverage:

If you return to the U.S.:

- You may need both Part A and Part B to get full benefits from this coverage, and your current coverage might not pay your medical costs once you're eligible for Medicare.
- You're also not eligible for a Special Enrollment Period when this coverage ends. This means:
 - You'll have to wait until the next General Enrollment Period (January 1–March 31 each year) to sign up for Part B, and your coverage would start July 1 of that year.
 - In most cases, you'll also have to pay a late enrollment penalty added to your monthly premium for as long as you have Part B coverage.

I have coverage through a private insurance plan, (not through an employer):

If you return to the U.S. and want to sign up for Part B, you won't be eligible for a Special Enrollment Period, so you'll have to wait for the next General Enrollment Period to sign up. Also, you may have to pay a late enrollment penalty for as long as you have Part B coverage. (See below.)

I have TRICARE coverage (insurance for active-duty military, military retirees, and their families) or CHAMPVA coverage:

You must have Part B to keep your TRICARE or CHAMPVA coverage. However, if you're an active-duty service member or the spouse or dependent child of an active-duty service member, you don't have to get Part B right away.

What does Part B cost?

You'll pay a monthly premium for Part B. In 2020, the standard Part B premium is \$144.60. You'll pay more if you have a higher income. The premium amount can change each year. (See page 7 for more on costs.)

How much is the penalty?

If you sign up for Part B later and you aren't eligible for a Special Enrollment Period, you'll pay 10% more for each full 12-month period you could've had Part B but didn't

take it. In most cases, you'll have to pay this late enrollment penalty each time you pay your premiums, for as long as you have Part B. The penalty increases the longer you go without Part B coverage.



Ways to get Medicare coverage

If you return to the U.S. and you sign up for Part B, you have 2 main ways to get your Medicare coverage:

Original Medicare

or

Medicare Advantage

Original Medicare

Original Medicare includes Part A and Part B. When you get services, you'll pay a deductible, and you usually pay 20% of the cost of the Medicare-approved service, called coinsurance.

The deductible for Part B is \$198 in 2020.

With Original Medicare, you:

- Can go to any doctor or hospital that takes Medicare, anywhere in the U.S.
- Generally pay a portion of the cost for each covered service. There's no yearly limit on what you pay out-of-pocket, unless you have supplemental coverage (like a Medigap policy).

- Can join a Medicare Prescription Drug Plan (Part D) to get drug coverage. (See page 9.)
- Can get supplemental coverage (like a Medigap policy) to help pay your remaining out-of-pocket costs (like your 20% coinsurance). (See page 10.)

When you sign up for Part B, you'll have Original Medicare unless you enroll in a Medicare Advantage Plan.

Medicare Advantage (also known as Part C)

Medicare Advantage is an “all-in-one” alternative to Original Medicare. These “bundled” plans include Part A, Part B, and usually Part D (drug coverage). These plans are approved and follow the rules set by Medicare. The costs vary and plans may have lower out-of-pocket costs than Original Medicare. **You must have both Medicare Part A and Part B and live in the U.S. to join.**

With Medicare Advantage, you:

- Can get extra benefits that Original Medicare doesn't cover—like vision, hearing, dental, and more.
- Need to use doctors who are in the plan's network (for non-emergency or non-urgent care).

- May pay a premium for the plan in addition to the monthly Part B premium. Plans may have a \$0 premium or may help pay all or part of your Part B premiums.
- Can't buy or use separate supplemental coverage (like Medigap).

When you return to the U.S., visit [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) to find out which plans are available in your area, or call 1-800-MEDICARE.



Additional coverage options if you have Original Medicare:

Medicare prescription drug coverage (Part D)

If you don't have prescription drug coverage, or the coverage you have isn't at least as good as Medicare drug coverage (called creditable coverage), you should consider enrolling in a Medicare Prescription Drug Plan (also called Part D) when you return to the U.S. **You must live in the U.S. to join.**

If you don't join a Medicare drug plan within 63 days of returning to the U.S., you may have to pay a late enrollment penalty if you join later. Generally, you'll pay this penalty for as long as you have Medicare prescription drug coverage. And, the penalty goes up the longer you wait to enroll.

When you return to the U.S., visit [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) to find out which plans are available in your area, or call 1-800-MEDICARE.

Medicare Supplement Insurance (Medigap) policy

Original Medicare pays for much, but not all, of the cost for covered health care services and supplies. If you choose Original Medicare, you may be able to buy a Medicare Supplement Insurance (Medigap) policy from a private company to help pay your out-of-pocket costs in Original Medicare (like your 20% coinsurance). **You need both Part A and Part B and live in the U.S. to buy a Medigap policy.**

Medigap policies:

- Can cover costs like coinsurance, copayments, and deductibles.
- May offer coverage for services that Original Medicare doesn't cover, like medical care when you travel outside the U.S.

Visit [Medicare.gov](https://www.medicare.gov) to learn more and compare Medigap policies in your area. You can also call 1-800-MEDICARE.



For more information

If you have questions about how to enroll in Medicare, contact any United States Consular office. If you live in the Philippines, contact the U.S. Veterans Administration Regional Office in Manila.

For information about Medicare, visit [Medicare.gov](https://www.medicare.gov). You can find the most up-to-date Medicare information and answers to your questions.

“Welcome to Medicare” isn’t a legal document. Official Medicare Program legal guidance is contained in the relevant statutes, regulations, and rulings.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you’ve been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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